



## 2

## CONTROLLING

The purpose of controlling the ball is to efficiently manipulate it in order to effectively complete your next task, be that passing, shooting or dribbling. Controlling a football can be done with any part of the body (excluding the hands and arms). The most common parts of the body used to control a football are the feet, the thigh, or the chest, depending on where the ball is coming from and at what sort of speed.

Efficient controlling of the ball is considered keeping the ball within a close proximity to you and away from the danger of your opponent taking possession from you.



### Controlling Coaching Points:

1. Identify the flight of the ball and position yourself where it will land and in a position where you can best control it with the desired part of the body (chest, thigh or foot).
2. Follow the flight of the ball with your eyes and prepare yourself to receive the ball.
3. As the ball comes close to you, cushion the ball with the chosen body part (for example the thigh).
4. As you make contact with the ball, relax the surface of the area you are using to control (thigh) so the ball doesn't bounce off a tight/stiff muscles/body part.
5. Cushion the ball into the space where there are currently no opposition players who make look to steal possession.

### Notes:

*Sometimes you might have to hold off an opponent when controlling the ball*

- Get your body in-between the ball and your opponent.
- Keep a low centre of gravity and a strong core, this makes you hard to push/move.

*You might look to shoot or pass the ball first time (in one touch)*

- The same principles apply in terms of following the flight of the ball and preparing yourself to execute your desired action.



Visit the Special Olympics Faces of Football Training Ground for challenges to improve your ball control. Progress through the levels to refine your ball control skills.



Level 1



Level 2



Level 3





# Session Plan

# Controlling

## Level 1

### Category:

Passing  
Controlling

### No of Players Required:

1-10

### Practice Length:

5-10mins

### Equipment Required:

1 ball per pair

### Aims & Objectives:

- Improve passing technique
- Improve controlling technique

### Coaching Points:

1. Body shape in relation to the ball.
2. Cushion the ball using the inside of the foot.
3. Slightly push the ball forward into space.

### How to:

**1. Player 1** uses the inside of their foot to pass the ball to **Player 2**.

**2.** As **Player 2** is receiving the ball they should adjust their body to get behind the ball, and using the inside of their foot, cushion the ball in front of them.

**3.** Pass the ball back to **Player 1** who repeats the controlling technique.

